

Full Report (All Nutrients) 45134937, HEALHTY CHOICE Lasagna with Meat Sauce, UNPREPARED, GTIN: 00072655460096

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Conagra Brands

Nutrient	Unit	Data points	Std. Error	1 Meal (269g) 269g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	269	100
Protein	g	--	--	18.00	6.69
Total lipid (fat)	g	--	--	4.49	1.67
Carbohydrate, by difference	g	--	--	36.99	13.75
Fiber, total dietary	g	--	--	5.9	2.2
Sugars, total	g	--	--	9.01	3.35
Minerals					
Calcium, Ca	mg	--	--	250	93
Iron, Fe	mg	--	--	1.80	0.67
Potassium, K	mg	--	--	664	247
Sodium, Na	mg	--	--	600	223
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	3.5	1.3
Vitamin A, IU	IU	--	--	500	186
Lipids					
Fatty acids, total saturated	g	--	--	2.502	0.930
Fatty acids, total monounsaturated	g	--	--	1.506	0.560
Fatty acids, total polyunsaturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	19	7
Amino Acids					
Other					
Ingredients					

COOKED PASTA (WATER, ENRICHED WHEAT FLOUR [DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE {IRON}, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], EGG WHITE), TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES IN JUICE (TOMATOES, TOMATO JUICE, CALCIUM CHLORIDE, CITRIC ACID), COTTAGE CHEESE (CULTURED SKIM MILK, ENZYMES), COOKED BEEF PATTY CRUMBLES (BEEF, WATER, TEXTURED VEGETABLE PROTEIN [SOY PROTEIN CONCENTRATE, CARAMEL COLOR], SOY PROTEIN CONCENTRATE, SEASONING [SALT, SPICE, NATURAL FLAVORS, CARAMEL COLOR], SODIUM PHOSPHATE), PART-SKIM MOZZARELLA CHEESE ([PASTEURIZED MILK, CULTURES, SALT, ENZYMES], WHEY PROTEIN CONCENTRATE), ONIONS, CONTAINS 2% OR LESS OF: WATER, MILK, TOMATO EXTRACT, RICOTTA CHEESE (PASTEURIZED WHEY, MILK, CREAM), NONFAT DRY MILK, MODIFIED CORN STARCH, GARLIC, SUGAR, PARMESAN AND ROMANO CHEESE MADE FROM COW'S MILK (PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), SPICES, BREAD CRUMBS (WHEAT FLOUR, CONTAINS 2% OR LESS OF: SUGAR, YEAST, SOYBEAN OIL, SALT), SALT, GARLIC PUREE, XANTHAN GUM, OLIVE OIL. CONTAINS: EGG, MILK, SOY, WHEAT. *Date Available: 03/09/2017 Date Last Updated by Company: 03/09/2017*